Post Deployment Health Reassessment (PDHRA)

Table of Contents

Summary

Specific PDHRA Information

Quick Guide: Completing a Self-Service PDHRA

Frequently Asked Questions

Links

References

Points of Contact

Summary

The Army PDHRA Program is a part of the DoD's overall Force Health Protection Program. The screening is designed to address deployment-related physical and behavioral health needs and readjustment concerns of Army Soldiers 90-180 days after returning from a combat deployment. The program demonstrates the Army's commitment to the long-term health and well-being of Soldiers and Department of the Army (DA) Civilians.

Back to top

Specific PDHRA Information

Aspect of PDHRA	Description
Resiliency Training (formerly known as Battlemind Training for PDHRA)	This is a program that is provided to Soldiers post- deployment 90 to 180 days after they have returned from a combat or operational deployment. The new Resiliency Training program will be implemented and will replace the Battlemind Training for PDHRA Program.
	In the meantime, Soldiers are encouraged to complete the resiliency training as administered by their Chain-of-Command or at scheduled screening events. Contact Chain-of-Command for more information.
DD Form 2900 (Questionnaire)	Soldiers should complete the Soldier's portion of the DD Form 2900 as directed by their Command.
	Soldier's Command may instruct them to complete their part on AKO or wait to complete it as part of a group event. Completion of the demographic section of the DD Form 2900 is mandatory including information such as name, pay grade and location of operation. The remaining responses, although voluntary, are highly encouraged. The PDHRA is a confidential health screening and the answers are considered privileged information. Release

	of this information to parties who do not have a medical need to know may constitute a violation of the Health Insurance Portability and Accountability Act (HIPAA) of 1996.
Interview with a Medical Professional	If the Soldier completed the DD Form 2900 on AKO, he/she may complete the interview portion of the screening by contacting their Command or RSC PDHRA Coordinator for more details. If a Soldier were directed by Command to attend a PDHRA event, they will have an opportunity to complete the medical interview portion at this event.

Back to top

Quick Guide: Completing a Self-Service PDHRA

A Soldier is not to complete the following steps if they are scheduled for a PDHRA event.

- 1. **Resiliency Training** (formerly known as Battlemind Training for PDHRA) This training addresses issues commonly experienced due to deployment. This training is currently only offered by Unit Commanders. <u>Contact Unit Commander to arrange this training.</u>
- 2. DD Form 2900 This form helps document the Soldier's health concerns, assessment and referrals. Soldiers are able to fill out the form electronically. DD Form 2900, (AKO user name and password required).
- 3. **Interview** After completing the <u>DD Form 2900</u> Questionnaire, the Soldier will go over these questions with a medical professional either face-to-face or over the phone. If necessary the medical professional will refer the Soldier for further medical attention.

Back to top

Frequently Asked Questions

Q. Why complete a PDHRA?

A. For Yourself: The PDHRA empowers each Soldier to take control of their health. By identifying health and readjustment concerns early, proactively resolve problems that could -- if left unattended -- negatively affect a Soldier's deployment status, career or life beyond service.

For Your Family: Providing a Soldier's Family with peace of mind is an important part of Soldier well-being. Some Family members worry about how deployments can affect the Soldier. Therefore, health concerns have a direct effect on Family. The PDHRA can aid Soldiers in identifying health concerns and linking Soldiers to the appropriate resources.

For the Army: Deployment-related health concerns and problems may appear subtly over time and go unnoticed, even among unit leaders and fellow Soldiers. By

completing the PDHRA and answering candidly about health status and concerns, the reassessment provides health care personnel with a comprehensive view of a Soldier's health status. A healthy Soldier is a ready Soldier -- ready not only for deployment, but for life after deployment.

For the Future: By completing the PDHRA, a Soldier enables health care providers to initiate early medical care for deployment health concerns. Early treatment can keep medical concerns from becoming chronic problems.

Q. Why does the Army National Guard need this program?

A. The ARNG has learned over the past few years that deployment health concerns may not be noticed when the Post-Deployment Health Assessment (PDHA) is conducted immediately after deployment. Furthermore, the Army recognizes that Soldiers focused on going home may be reluctant to report their concerns at demobilization, since going home is their top priority. Finally, readjustment issues may not emerge until a Soldier re-enters their work and family environment. After a Soldier has had time to reflect on their deployment and post-deployment experiences, they may be in a better position to identify concerns, questions, and issues they wish to discuss with a health care provider. PDHRA offers Soldiers an opportunity to do so.

Q. Who should complete the PDHRA?

A. All Soldiers who have returned from deployment to a combat zone since 11 September 2001 will have the opportunity to participate in PDHRA. Ideally, Soldiers will complete the program three to six months after their PDHA, but individuals past this window are still eligible. However, if a Soldier feels that they are in need of immediate medical advice or attention, they do not have to wait to complete the PDHRA in order to access care. Contact the health care provider directly if any health care concerns arise at any time post-deployment.

Q. Is it a mandatory program?

A. The PDHRA is mandatory for all current Army National Guard Soldiers who have redeployed since 10 March 2005.

Q. Is the completion of the PDHRA an indicator that a Soldier is medically ready to redeploy?

A. The PDHRA is not an indicator of Individual Medical Readiness and does not in any way affect a Soldier's deployability status.

Q. Are the results of the PDHRA going to be reported to a Soldier's Chain of Command? Is it confidential?

A. If the Soldier's PDHRA results in follow-on care or treatment, an evaluation Line of Duty (LOD) is generated on a DA Form 2173 for the Commander's signature. Details of the health screening are kept confidential in accordance with the Health Information Portability and Accountability Act (HIPAA) and Privacy Act and are not disclosed on the LOD form.

Q. Do the results of the PDHRA affect a Soldier's profile status in the MEB/PEB process?

A. The PDHRA does not diagnose issues; however it may identify a possible issue to initiate the MEB/PEB process.

Back to top

Links

AKO – PDHRA Homepage
 This is the homepage for PDHRA.

AKO - PDHRA for Commanders & Leaders

Commands & Leaders should visit the "PDHRA for Commanders & Leaders" page in AKO for information on scheduling Soldiers for the PDHRA. AKO→My Medical→Readiness→PDHRA

Medical Warfighter Forum – Army Post Deployment Health Reassessment
Medical Warfighter Forum is a page on AKO. It contains all information on
PDHRA for Soldiers and Families as well as information on the PDHRA policy
and guidance.

AKO→My Medical→Readiness→PDHRA

MODS – AKO Forms

This site walks you through filling out the DD Form 2900, Post Deployment Health Reassessment.

NG AKO PDHRA Homepage

This is the National Guard PDHRA homepage on AKO.

U.S. Army Medical Department - Resilience Training

Resilience Training provides more information about resilience research and training. There are four areas of interest to choose from o the website: Warriors, Family, MRT/Facilitators, and Behavioral Health (MEDCOM) Resources.

Back to top

References

Regulations

 AR 600-8-101, Personnel Processing (In-, Out-, Soldier Readiness, Mobilization, and Deployment Processing)

Documents and Forms

- DA Form 2173, Statement of Medical Examination and Duty Status
- DD Form 2900, Post Deployment Health Reassessment

Back to top

Points of Contact

PDHRA State POCs

AKO Home → Knowledge Networks → Knowledge Networks – Army → Medical Warfighter Forum (WfF) → My Medical → My Medical Readiness → PDHRA for National Guard Component Soldiers

- For technical questions email: MODS-help@asmr.com
- For policy related questions email: nggbq1pdhra@ng.army.mil

Back to top

23 SEP 10